Coronavirus Disease 2019

COVID-19 Checklist for Essential Workers Returning Home

Protecting Your Family Against COVID-19

With Ohioans working at essential businesses (like grocery stores, gas stations, pharmacies, etc.) during this pandemic, some may be worried about the risk to those who live with them who may be exposed if there had been exposure to the virus in the workplace.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that any essential employees returning from work take the following actions to protect their household members:

- Check all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have body fluids on them.

- While at home and work, make sure to follow standard precautions to protect yourself, and encourage your household members to do the same:
  - Wash your hands for at least twenty seconds with soap and water. Do this often, especially after being in contact with high-touch surfaces or other people.
  - Always keep at least six feet between yourself and others if possible.
  - Avoid touching your eyes, nose, and mouth.

- Encourage your employer to follow guidance from the CDC and Ohio Department of Health to prevent the spread of infection in a workplace. Follow standard rules like:
  - Cleaning high-touch areas often.
  - Keeping employees six feet away from each other and customers, if possible.
  - Screening employees for symptoms (e.g., fever, cough, shortness of breath) before starting work.
  - Sending home any employee who has symptoms (e.g., fever, cough, shortness of breath).

- If you or your loved ones believe you may have COVID-19, the sick household member should:
  - Self-isolate alone in a separate room and use a separate bathroom than the rest of the family, if available, to prevent the spread of infection to other family members.

For more information, visit: coronavirus.ohio.gov
- Prohibit visitors who do not have an essential need to be in the home.
- Avoid sharing household items: you should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword “4HOPE” to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

Additional Resources:
For more information, visit:
coronavirus.ohio.gov